

**A view on mindfulness and an attempt to describe its meaning by Marian Baghor. Ashburton May 11<sup>th</sup> 2017.**

First of all I need to clarify that to my mind, the term mindfulness isn't a noun. To me it's a verb, a work in progress, a state of being in constant flux and a personal experience as well, not easily caught in a definition.

The construction of the word "mindful-ness" seems a bit misleading as if it's about something that needs to become manifest as a result, a fulfilment. Isn't it a relief to be done with getting a result and with judging oneself saying "How did my mindfulness training go today... gosh, I forgot all about it, how bad I am!"

Why not enjoy the freedom of a choice, each moment of our life? I don't mean a change of plan and leaving an intention, but the freedom of change, of choice, in how we look at what happens in our life and to see our motives and drives underneath it, or wrapped by it.

So that awareness alias self-reflection aka presence is leading one to discernment of resonance and truth and ultimately, a next choice? To me that's quite close to a definition of what I experience as mindfulness and how my mind understands it in the company of my soul.

Quite an amount of people who live within the boundaries of their comfort zones can't easily grasp the meaning of mindfulness when self-reflection requires leaving these comfort zones. Unless someone stumbles on it by accident, in rare moments of "Aha Erlebnis"

In a humorous way, I sometimes witness people practicing mindfulness with a mind fully occupied with trying to be mindful and making efforts to be mindful. With a mind fully engaged in "working on it".

To me an effective approach in being mindful is a "mind-emptiness" to place the word "empty" opposite the word "full". To me, it's the observation of the "quacking duck" without engaging actively in what it does. To me it's the observer's stance: BEING with what presents itself, an all-inclusiveness of what transpires: feeling, sensing, experiencing emotions, as an experiencer and witness both.

The mind is a demanding ruler, oh so comfortable with control and telling us to keep within boundaries, tracks and cogwheels of a large machine. Charley Chaplin shows this machinery in the movie Modern Times. It's present in YouTube, full length.

To many Western minds mindfulness means an action, moving into DOING. That's what we're trained for, aiming for results and profit, in school and work. The Western world is more materially oriented in both qualities: forms of results and things.

To indigenous tribal minds, for example those living with a Buddhist - Maori - or Hopi Indian background, mindfulness means a non-action, a

state of BEING. The concept of results and profit is more spiritually oriented. The source of it as well, without “thinking” with the mind about it much.

The one part of us that is “active” is the part where our awareness and attention resides, but it’s an alert presence and not a “doing of action”.

To me, that's where the concept of "no thing" and the nature of a void creates discomfort in our Western modern world, with an education focussed on programs with concepts that are forced upon us and meant to be lived by and obeyed. Living according a norm that is forced upon us as well, if we don't mind. Who benefits from it? What's ruling our mind?

If we imagine that all living beings once were a dream in the mind of a supreme being and that organisms, living beings in physical form, came into manifestation by the intention and use of willpower used by that supreme being, it inevitably shows that an imagination and idea must be first and the manifestation of form second. “Nothing comes from nothing, nothing ever will” is a line in a Sound of Music song. It sounds true to me.

“When the Universe is an expanding balloon, who’s the man blowing up that balloon?” is a question asked by Nassim Hameini, an original researcher who attended a congress with scientists, astrophysicists and space-scientists, to whom speaking time was offered on stage. Nassim watched the effect of his question on the audience sweating on it, some literally. Now, if that’s not thinking out of the box! Leaving one’s comfort zones implies sweating on it.

Isn't this the right order: an idea or dream coming into manifestation of form, in how we create and bring into the world what we desire? First we find a longing, an urge or thought that keeps recurring about having something or someone in one’s life. Can we approach the fulfilment of a desire as a work in progress and even maintain it as such after fulfilment? A work in progress, of taking care of that creation?

Can we find in that experience, that the process is as much part of the manifestation as the manifestation itself? Taking the sting out of it, left by the separation of these two and the experience of enduring, impatience and worries, thinking often “Oh when will be the day!?” living in the future? Longing for what’s not now present in our life? We can begin to create and manifest when the thought to actually do it enters our mind and heart.

We can treat mindfulness and discipline both as being verbs.